



CENTER ON SUSTAINABLE COMMUNITIES

COSC | Iowa's Trusted Educational Resource for Sustainable Building

FOR IMMEDIATE RELEASE

COSC Hosts Free Workshops as Part of its *RE-BUILDING A SUSTAINABLE IOWA* Training Program

WEST DES MOINES, IA, Sept. 16, 2009 - The Center on Sustainable Communities (COSC) is rolling out its statewide *Re-Building a Sustainable Iowa* training program with a full schedule of FREE workshops this fall. *Re-Building a Sustainable Iowa* program is supported by a \$1 Million contract through the Iowa Department of Economic Development and the Department of Housing and Urban Development. Created to help Iowa re-build sustainably in its disaster recovery efforts, *Re-Building a Sustainable Iowa* programming covers residential, commercial and energy-specific sectors of the green building industry. Green building encompasses energy efficiency, resource conservation and healthy indoor air quality.

Here's a look at a few of COSC's upcoming workshops:

COMMERCIAL EXTERIOR LIGHTING DESIGN WORKSHOP

Wednesday, September 23rd in Des Moines

COSC, in partnership with RDG Planning & Design, is hosting a workshop covering exterior lighting, entitled "Beyond Foot-Candles: Balancing Aesthetics and Technical Elements in Sustainable Exterior Lighting Design." The workshop will take place on Wednesday, Sept. 23 from 9:00am to 1:00pm at RDG Planning & Design in Des Moines (lunch included). Seating is limited and pre-registration required. Please contact COSC at info@icosc.com or 515-277-6222 to register.

COMMERCIAL STORMWATER WORKSHOP

Tuesday, September 29th in Cedar Rapids

COSC, in partnership with RDG Planning & Design, is hosting "Sustainable Stormwater Management," a green building workshop that focuses on using landscaping and other techniques to help stormwater soak into the ground on each individual property instead of sending it to the storm sewer. The workshop will be held on Tuesday, Sept. 29 from 9:00am to 1:00pm at Kirkwood Community College in Cedar Rapids (lunch included). Seating is limited and pre-registration required. Call 1-800-332-8833 to register for college course #ETGE 126 MIT01.

HVAC PROFESSIONAL & HOMEOWNER WORKSHOPS

Offered state-wide, beginning Wednesday, September 30th in Cedar Rapids

In partnership with Cenergy and Community Colleges of Iowa, COSC's Heating, Ventilating & Air Conditioning (HVAC) workshops will cover assessing, installing and maintaining heating and cooling systems to maximize their efficiency. Workshop locations include Cedar Rapids on Sept. 30, Ankeny on Oct. 6, Grinnell on Oct. 20, Council Bluffs on Nov. 3 and Dubuque on Nov. 17 (lunch and networking reception included). Seating is limited and pre-registration required. Visit www.icosc.com for schedule and registration details.

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**West Des Moines Affordable Green Demonstration Home
WINDOWS, DOORS & INSULATION WORKSHOP**

Friday, September 25th in West Des Moines

COSC will be hosting its fourth class in a series of workshops in conjunction with the West Des Moines Green Demonstration Home in Valley Junction. This is a collaborative effort between The City of West Des Moines, HOME, Inc., Community Colleges of Iowa and multiple other partners. An on-site workshop is scheduled at every phase of construction to illustrate affordable sustainable steps that can be taken in new home construction. Each workshop has both a professional and consumer component. The professional series is at capacity, but seating is still available for the homeowner workshop portion, so sign up now if you're interested! Details available at www.icosc.com. *Note: This workshop series is not part of the Re-Building a Sustainable Iowa program and therefore a workshop fee is charged.*

About COSC

The Center on Sustainable Communities (COSC) is Iowa's trusted educational resource center for sustainable building. COSC serves as a resource to encourage, promote and educate about sustainable building practices among professionals and homeowners. COSC is located at 219 1/2 Fifth Street, Suite A, Historic Valley Junction, West Des Moines, IA 50265. More information and to become a member, visit www.icosc.com.

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